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**Let’s Dance 2025!**

**How can you be involved?**

***This is for local teachers to publicise their class in their local community to get people dancing for health benefits.***

* The website will have links to the ‘official information’. Keep your eye on the website and social media links as we will not update you.
* There may (or may not) be a dance to learn- we will find but more nearer the time.
* Funding: this project has no funding attached to it. However, some funds may be available via Sport England and the Arts Council, but we will need to look at the eligibility criteria, as they may not be open to individuals. Funding will be for specific projects and purposes and not current classes.
* There are several ‘headline projects’ including a study of the impact of dance in residential homes - but the main impact will be from the teachers creating dancing opportunities in their community.
* Links to social prescribing- this will be a priority, but at the time of writing, we do not know how that will be organised as it could rely on funding (which individual teachers may or may not be eligible for). You might, in the meanwhile, find it useful to pop along to your GP and ask for their social prescribers contact details. We cannot give you any more help than that as each NHS region and surgery is different.

Between now and then, you can be thinking about what you might want to do - and where and how. This is your opportunity to promote YOUR MMM classes as the dance on the day will be your dance class!

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**What can I do?**

****Ask yourself- and be realistic:

* What can I do?
* How can I make it happen?
* When can I do this?
* Who can I invite, involve and tell?
* When more assets become available (via the website) create a special Let’s Dance poster for your classes. Add the logos etc to your social media, adverts, leaflets etc.
* Offer free classes for that week?
* Bring a friend?
* Cross generational classes- grandparents bring children- children take grandparents?
* Invite a local dignitary- the mayor, the vicar or wardens of the church, your MP, Chairman of the community hall? Invite someone who is important in the community but doesn’t usually get invited to things. Invite them to the session the week before and after?
* Have something ready for the local press or radio station. Contact them in advance and ask them how they like to receive their reports.
* Contact your local community hall or clubs as they may want to organise a day of dance.
* Place a one-time only advert in a local publication.
* Have a post ready for the local Facebook group or Facebook community group.
* Tell friends and family. Ask if they have any contacts who might want a free dance session/class?
* Contact your local WI, guilds or other friendship groups and offer them a free ‘Let’s Dance’ session.
* Get together with another teacher – share a class and create a special dance.
* See if there is anything happening at your local hall, leisure centre- offer a session for free.
* Be ready to have your session a week late if you can see there is too much going on.
* Keep your eye out for local funding opportunities – most probably a new class for a specific group, with the aim to become self-sufficient. We cannot write the bid for you, but if you are eligible, we can check it over.

**Finally- it is easy to get swept up on a wave of enthusiasm.**

**Make this ‘your own’ but remember to remain true to the MMM branding and ethos.**

**Take photos and be ready to share them. The permission to take photos is on the MMM website:** [**Policies & Articles | Margaret Morris Movement**](https://www.margaretmorrismovement.com/about-us/policies)**)**